

25 Full Body Strength Workout

Today we are working the whole body, focusing on building muscle, strengthening the core and improving our balance.

What you will need:

- Chair, bench, or coffee table, set of dumbbells

Warm-Up:

- 10 Pop Squats
- 10 Alternating Front Kicks
- 5 Push Ups
X5

Workout:

- 2 sets, each with 4 moves. 45 seconds on, 15 off, 2 times through.
 - The first two moves focus on the lower body, the third will be upper body and our 4th exercise with focus on core strength.

Set 1

- **Pistol Squat (single leg squat) Right Side** Muahahaha I love this move. Standing in front of your seat, lift one leg off the ground and out in front of you, so you are stabilizing on one leg. Now slowly, and with control squat down until your bum hits the chair, driving through your heel on your stabilizing leg and return to standing position.
- **Pistol Squat (single leg squat) Left Side**
- **Bottom Half Bicep Curl with Triple Pulse** - Perform the bottom half of a bicep curl, stop when you reach a 90-degree angle (halfway up) perform 3 pulses, release back to the bottom and continue to rep it out.
- **Plank Swivel to Dolphin** - In a low plank position on your elbows, dip your hip towards the floor on the right side, return to centre, now dip the left. Come back to centre and push your bum towards the sky. Return to starting position.

Set 2

- **Single Leg Stationary Lunge with Triple Pulse to Warrior 3 Right** - With your right leg in front and your left leg back behind you, sink down into a lunge. Now perform 3 pulses. From there, push off your front heel and lift the back leg up making it parallel to the floor, your body will look like it's a T position. Slowly return to the lunge and continue to rep it out.
- **Single Leg Stationary Lunge with Triple Pulse to Warrior 3 Left**
- **Triceps push ups** - This move is NO joke. You can perform this push up on your knees in either a table top position or extended position, and if you really want to go for it then come up on your toes! The most important thing to remember with triceps push ups is that your elbows need to come back behind you and your chest comes down between your hands.
- **Single Leg V up Crunch** - Laying on your back with your arms extending behind you, exhale and slowly lift your right leg towards the sky as you crunch up and

Make today badass!
Ashley Dale Grant

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reach your hands forward to connect with your raised leg. Return to starting position.

Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.